

Robert A. Monroe Interview - 1996-04-26

Timeless Voyager Radio - The Out of Body Experience (Outline)

NOTE: This outline was automatically generated by the transcript program, Otter.ai.

Intro to the show. (0:39)

Timeless voyager radio with bruce stephen holmes.
Out of the body experiences with robertroe.
What to expect on the show.
The first hour of the show is set.

Introduction to the story of Robert Monroe. (4:44)

The history of Robert Monroe and his family.
Laurie tells us a little about her dad.
Journey out of the body.
How bob monroe discovered the triggering mechanism for controlling astral body.

How did Bob get into the field of sound? (9:58)

How bob began experimenting with sound.
How sound affects bob in his flying.
Binaural beat and binaural meaning to the ear.
Binaurhythms on a DC-3 aircraft.
How sound affects the physical body.
The discovery of sound by bob Monroe.

What Is hemi sync? (17:23)

The whole family is astral traveling.
Hemi-sync is a technology developed by his father.
Physical changes that are manifested when there is hemi-sync.
How this differs from subliminal stuff.

Binaural beat technology and the brain. (22:42)

Mental imagery and binaural beat technology.
Binaural beats and deep delta sleep.
Introducing lori, darlene, and skip at water.
What to expect today on the show.
Binaural beats force the brain into different states of consciousness.
How hemi sync differs from other forms of meditation.

The difference between biofeedback and hemisync. (29:10)

The difference between biofeedback and HEMI sync.
Biofeedback is a technique for body processes.
Describe what's going on while it's happening.
People are moving into different dimensions.

What is remote viewing like? (34:48)

Remote viewing vs out of body experience.
Benefits of hemi-sync.
Practical applications of the technology.
How to get more information about the Monroe institute.

Intro to the next segment. (39:44)

The next segment will be about the gateway programs.
Out of body experiences.
Mental health professionals use hemi sync in their practices.
Metadata music tapes for deep relaxation.
Laurie asks if the institute would have done anything differently.
Transition to the next hour.

Intro to the show. (47:28)

Timeless voyager radio with bruce stephen holmes.
Open mind interviews with leading edge authors and speakers.
Out of body experience, astral travel and the Monroe Institute.
Intro.

What are the facilities like at the facility? (52:18)

What the facilities are like at blue ridge retreat.
Can people leave at any time.
A typical day at the Monroe institute.
What a typical day looks like for students.
The first evening is an orientation to the week-long program.
The gateway voyage tapes.

What is focus ten? (1:00:48)

Focus 10, mind body asleep, mind awake.
Focus 12, expanded state of awareness.
Working with the astral body to become aware.
What happens in lift off.

Lifelines and the gateway. (1:06:30)

Introduction to timeless voyager radio.
What happens in focus 12 and focus 15.
Lifelines, the bridge between physical reality and other realms.
Focus 21, moving into realms beyond.

Focus levels 23 through 27. (1:11:58)

Focus levels 23 and 27.
The importance of service component in this work.
Exploration 27, the middle and upper astral.
Focus 27, exploration 27 and focus beyond 27.

What people leave with at the Monroe institute.
How many participants participate in each program.

Projects of interest at the. (1:19:55)

The Monroe Institute for alternative medicine.
How to learn more about the Monroe institute.
Concentration tapes for increased concentration. Duke University.
Out of body experience.

Intro to the out of body experience. (1:24:31)

Voyage radio with bob monroe, virginia businessman.
Out of body experience with bob Monroe.
Evolution of human consciousness, becoming a mind of oneness.
The impact of the monroe institute.
Thanking the three of them for being on the show.
The show is timelessvoyagerradio.